

ABSTRACT

A method of enhancing regional body fat reduction is disclosed. The method includes topically applying a fat reduction topical composition on a region of a 5 human body where a regional fat reduction is desired for a treatment period, and administering an amount of a fat reduction oral composition daily during the treatment period. The topical composition includes hydroglycolic fluid extract of Palmaria palmata, Laminaria digitata extract, mannitol, and a pharmaceutically acceptable carrier. The oral composition includes synephrine, methylxanthine, 10 chromium, a herbal combination having diuretic effect and a pharmaceutically acceptable carrier.